

RAINBOW MESSENGER MARCH, 2010



- **WALKING:** - In climate-controlled banquet room, twenty-five (25) laps equals a mile.



- **OUTSIDE WALKING TRAIL:** - Each lap equals 1/3 Mile.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** - Card tables available for your use on a daily basis.



- **BILLIARDS/POOL:** A Bumper Pool Table is available to play on in the lower level next to the regular size Pool Table. Directions are laying down there on how to play the game. The Pool Tables are available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 to 3:45 p.m.



- **COMPUTER LAB:** - The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9:00 to 10:30 a.m. Ryan and Jack are here to assist you and answer your questions regarding computer. Come in and let them help you out!! **The Computer lab will be closed on Tuesdays and Fridays in March for Tax Services.**

REGULAR SCHEDULED ACTIVITIES:



- **EXERCISE CLASS** meets Monday and Thursday mornings at 9:00 a.m. We meet in the Banquet Room. Our exercises are designed to help keep your joints limber.



- **TLC CLASS (Tender Loving Crafts Class):** Are you ready to try something new? We've got just the thing for you! Join the TLC (Tender Loving Crafts) Class at **9:00 a.m. Tuesdays** in the Craft Room. The studio fee is \$3.00 per session. Project supplies will be at cost. Stop by and see what we're making. Betty Hoffman is the delightful teacher who comes up with the various projects. This month's projects are:

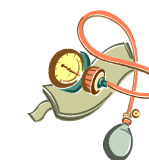
March 2nd— Clay Tiles
March 9th— Crystal Tree
March 16th— Frogs & Turtles
March 23rd— Easter Eggs & Bunnies
March 30th— Color Easter Eggs



- **SINGING SENIORS:** The Singing Seniors meet on Friday mornings at 10:00 a.m. at the Habig Center. **On Friday, March 19th we will be singing at The Providence Home at 10:00 a.m.** Come join us some time.

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30				FREE BIRD SPACE	46	74		
2	28	37	55	68					
10	27	39	59	75					

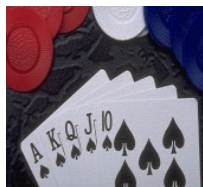
- **BINGO** will be held on Thursdays, March 4th and 18th and Tuesday, March 23rd beginning at 12:00 noon. **This month only we'll be having bingo on the 1st and 3rd Thursday and the 4th Tuesday.** (We'll go back to the regular schedule in April.) We ask you to keep bills to \$5 and under or correct change. Thanks for your cooperation. Cost \$1.00 per card to play all 50 games and \$.25 to play in the two coveralls or special games. These will be played at the end of each session. Beginning at 11:30 a.m. someone will be there to collect.



- **BLOOD PRESSURE CHECKS:** We'll have Blood Pressure Checks taken from 11:15 a.m. - 12:15 p.m. on **Thursdays, March 4th and 18th and Tuesday, March 23rd.**



- **QUILTING BEES** will be held on **Mondays, March 8th and 22nd from 9:00 a.m. to 3:00 p.m.** All quilters are welcome to attend and lunch will be provided. We appreciate all the quilting that you do for us!!



- **CARD TOURNEYS:**
 - **Thursday, March 11th**
Rum Tourney
 - **Thursday, March 25^h**
Cinch Tourney

Games start at 12:00 (noon) and last until 3:00 p.m. \$1.00 entry fee is requested and prizes will be given away. Please sign up by 10:00 a.m. the morning of the tourney. The Rum Tourney will consist of 7 games and Cinch Tourney will consist of 6 games. Hope you'll join us.



VOLUNTEERS NEEDED: We need your help with a very fun project for Holy Week, **March 29th—April 1st** our Easter Egg Sale! We're going to be coloring Easter Eggs and selling them again this year. We need help with: cooking the eggs on Monday, March 29th and coloring the eggs Tuesday, March 30th. This is a really fun project for everyone involved. We'll be selling the Colored Easter Eggs to the public for \$4.00 a dozen. **Please call the Center at: 482-4455 and let us know which days you can help.**

You can also help by telling anyone you know that needs Easter Eggs to call the Center at 482-4455 to place an order between 7:30 a.m. and 3:45 p.m. Please help us by talking it up to your friends and family. This is a money raiser for the Center. Orders can be paid and picked up between 8:00 a.m. and 3:45 p.m. on Wednesday, March 31st and Thursday, April 1st.

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*****SPECIAL ACTIVITIES:*****

- **LUNCH BUNCH:** Join us at Buffalo Wings & Rings **Tuesday, March 9th** for Lunch Bunch. We'll meet there at **11:00 a.m.** for a dutch treat lunch. We do need your **reservation into the Center by 11:00 a.m. on Friday, March 5th.** We think everyone will enjoy this one as everyone enjoyed it last year!!



- **BOOK CLUB:** will be held **Wednesday, March 10th at 1:00 p.m.** The book we'll be discussing will be "**MASH CUT**" by **Sandra Brown.** We'll be reading "**LIKE MURDER IN HONOLULU**" by Georgina Marti Donovan for April. Bring your suggestions for the May book to read. We'll decide on the book for May at the April meeting. We'd love to have you join us!!

• **CATERED MEAL & ENTERTAINMENT:**

Sander Catering will be catering our noon meal on **Monday, March 22nd at 12:00 p.m.** The menu will be: Meatloaf, Potato Casserole, Green Beans, Glazed Carrots, Sweet & Sour Slaw, Bread & Butter, Decaf Coffee. **Reservations are due by 12:00 p.m. on Monday, March 8th.** Cost of the meal and entertainment is \$7.25. Money will be collected at the door.

ENTERTAINMENT - After our catered meal we'll have entertainment by Roger Craig and Friends Band. You have enjoyed them when they played here last year!! They play country and gospel music. For those wishing to come to the entertainment only the cost is \$2.00.

- **SUNDAYS:** The Center will be open Sundays from 1:00 to 4:00 p.m. for your enjoyment. Thanks for offering to open the Center. We're still looking for volunteers to open on Sundays. Please call the Center at 482-4455 if you can open for us.

- **THE HABIG ROOM:** The Habig Room will be open for touring by appointments. Call the office at: 482-4455 to set up a time that is convenient for you. Thank you.



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- **Wii GAMES:** Have you played the “Wii Game” yet? We have: Golf, Tennis, Bowling, Boxing and Baseball on the Wii on the main level TV room. Set-up a time for you and your friends and come in to play the games. All games can played with a friend. Most can be played against the Wii. We’ll be here to help get you started. If you want to play with others on the Wii, let us know, we’ll start a list then we will have a go to list for players.
- **CORN HOLE:** Have you ever played Corn Hole? We have the Corn Hole game in the lower level for you to try your luck on Mondays through Fridays from 8:00 a.m. to 3:45 p.m. We’ve had several come in to give it a try already. Everyone has a good time playing it. During March we’ll be offering “special” afternoons for Corn Hole at **1:00 p.m. on Tuesday, March 2nd and Wednesday, March 31st.** As weather gets nice we hope we can move the Corn Hole outside. Please be sure to sign-in when you come in to play. How many would be interested in a Corn Hole tourney? Call and let us know!!

- **TRIPOLEY:** Do you like to play Tripoley? Have you ever had the pleasure of playing it? We’re asking you to come in and join us for an afternoon of Tripoley on **Wednesday, March 24th at 1:00 p.m. Please sign up by 3:00 p.m. on Friday, March 19th** so we know how many are coming in. We’ll give everyone a certain amount of chips for \$1.00. At 3:00 p.m. the person with the most chips will get a prize. We need to know about how many are playing so we can figure up the chips ahead of time. Also, we may need to borrow a tripoley mat or board from some of you in order to have enough to play. We hope you will give it a try!!
- **RAINBOW MESSENGER:** There’s still time to have the 2010 Newsletter mailed to you if you wish. It will cost \$7.00 to have it mailed for the rest of 2010. If you prefer, our Newsletter can be picked up at any of the Centers in Ferdinand, Huntingburg or Jasper.
- **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!



• **BOOMERAMA:** This month BOOMERAMA will be held on **Monday, March 15th at 12:00 p.m.** in the banquet room of the Habig Community Center. The guest speaker will be Sarah Maddox and a therapist from Scenic Hills Care Center in Ferdinand.. They will discuss ways to prevent falling. Cost is \$5.00 for lunch. **Please make reservations to attend by calling the Center at 482-4455 by March 11th.** Hope you can join us for this luncheon.

• **TCE/VITA TAX ASSISTANCE:** The local Center’s: Older Americans, Huntingburg, and Ferdinand will offer income tax assistance for Senior Citizens. Volunteers will be available to file your income taxes by appointment. The following tells each Center’s phone number so please call for an appointment first

OLDER AMERICANS will have volunteers available on **Tuesdays and Fridays.** Call **482-4455** for an appointment.

HUNTINGBURG SENIOR CENTER will offer assistance to file income taxes. To make an appointment please call: **683-2994.**

FERDINAND SENIOR CENTER will offer assistance to file income taxes. To make an appointment please call: **367-2300.**

BE SURE TO BRING: Copy of last year’s tax returns (**2008**), all forms – W-2’s and 1099’s, information for other income, information for all deductions and/or credits. (Basically any form of income). **PLEASE WAIT UNTIL YOU HAVE ALL OF YOUR PAPERS BEFORE MAKING AN APPOINTMENT.**

- **TRIPS: LOCAL TRIP WEDNESDAY, MARCH 17TH.**

• **DUBOIS COUNTY MUSEUM:** The Center is offering a tour of the Dubois County Museum on **Wednesday, March 17th.** It's been a while since we were there and quite a few things have been added plus exhibits change. **We'll meet there (Museum) at 10:00 a.m.** We'll get to see the train room in which they have improved since leaving the old Center; someone will be on hand to answer our questions. Have you seen the murals? Plus there's a lot more history in there to see! This is also the first day of their "museum goes green with frogs". The exhibit has 1500 frogs displayed in groups throughout the museum. Come in to see everything imaginable about frogs. **We'll have sign-ups starting at 7:30 a.m. on Wednesday, March 3rd.** The museum requests a donation for the tour and the Center is asking you to give individually on the tour. The Dubois County Museum is located at 2704 Newton Street.

• **JASPER CITY MILL:** A tour is scheduled for the new Jasper City Mill at **1:30 p.m. on Wednesday, March 17th.** You'll get to hear about the Milling process. You'll also get a history of the mill while you're there. They will be running the mill while we're there. The Jasper City Mill is located at 160 Third Avenue.

• **LUNCH:** We've made reservations for lunch at the Schnitzelbank Restaurant in Jasper. After touring the Museum we'll go there for lunch. Everyone will be dutch treat. We're planning to eat approximately 12:00-12:15 p.m. between the tours.

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• **FUTURE TRIP: Horseshoe Casino—** The Center is scheduling a trip to Horseshoe Casino for **Wednesday, April 21st.** **Sign-ups start Tuesday, March 16th.** **Due to issues in the past, the door to the Community Room will not open until 12:30 p.m. to get your ticket. Sign-Ups will start at 12:45 p.m. If you have any questions, please feel free to call the office.** **We leave the Jasper Armory at 9:30 a.m.** Pick-ups can be made in Huntingburg and Ferdinand upon request. Cost of the trip is \$15.00 which includes: transportation, free buffet and \$5.00 in tokens. Please bring correct change. Each person can sign-up to four (4) Dubois County Senior Citizens at one time. Please bring the name, address and birthday for each Senior Citizen you're signing up. The information is needed for the manifest so you get the \$5.00 and free buffet. If you have a current card from there, We just need the name and card number for the manifest. We won't take any names over the phone until the sign-ups are finished.

• **NEW ACTIVITIES:** We're always looking for a new activities to try here at the Center. If you have any suggestions, please let one of the staff know. We appreciate your help, even if it's something we haven't tried for awhile.



HAPPY MARCH BIRTHDAYS!!

1st Denny Buechlein
2nd Linus Stenftenagel
3rd Millie Krapf
3rd Florentine Mathias
5th Dennis Moeller
8th Faye Lee
9th Tom Hopf
13th Clara Messmer
17th Thelma Coffey
18th Frank Smith
20th Naomi Kenworthy
24th Angeline Schwoeppe
26th Doris Schnell



• **RECIPE EXCHANGE:**

CARROT CAKE

1—Cup Oil	1—Tsp. Baking Soda
1—Cup Sugar	1—Tsp. Salt
1—Cup Brown Sugar	1—Tsp. Baking Powder
1—Tsp. Vanilla	2—Tsp. Cinnamon
4—Eggs	3—Cups Carrots Shredded
2—Cups Flour	1—Cup Walnuts Chopped
1/3— Cup Dry Milk	

In large bowl, blend oil and sugars on low until well mixed. Add vanilla. Beat in eggs, one at a time, blending well after each addition. Stir together dry ingredients and add to egg mixture until well blended. Stir in walnuts and carrots by hand. Pour batter into well greased and floured 10" tube pan or fluted pan. Bake at 350° for 50-60 minutes. Cool in pan, then top with powdered sugar or frosting of your choice.